

Be Scared? No. **BE PREPARED? YES!** *How Families Can Prepare for Pandemic Flu*



We cannot predict how severe the next influenza (flu) pandemic will be or when it will occur, but being prepared may help lower the impact of a pandemic on you and your family.

When a pandemic starts, everyone around the world could be at risk. Federal, state and local government, businesses, schools, faith-based and other community organizations are preparing.

Fairfax County began planning in 2005, and has posted its Pandemic Flu Response Plan online at www.fairfaxcounty.gov/emergency/pandemicflu.

The county will continue hosting educational events to help residents, businesses and community organizations prepare.



It is important that you prepare an individual plan for yourself and your family. "Planning for pandemic flu is not just a government issue. It is important that residents understand their individual responsibility to prepare themselves and their families for pandemic flu." Gloria Addo-Ayensu, M.D., M.P.H., Fairfax County health director

Know What Pandemic Flu Is



Seasonal or common flu is a respiratory illness that can be transmitted from person to person. Most people have some immunity and a vaccine is available.

Avian or bird flu is caused by influenza viruses that occur naturally among wild birds. The H5N1 version of bird flu is deadly to domestic fowl and can be transmitted from birds to humans. There is no human immunity and no vaccine.

Pandemic flu is a virulent human flu that causes a global outbreak or "pandemic" of serious illness. Because there is little natural immunity in the human population, the disease can spread easily from person to person. **Currently, there is no pandemic flu in the world.**

A flu pandemic will last much longer than most flu outbreaks and may include "waves" of influenza activity that last 6-8 weeks separated by months. The number of health care workers and first responders able to work may be reduced.

Prepare Your Home



Store a two-week supply of water and food. Ask your doctor and insurance company about getting an extra supply of prescription medications. See the federal government's pandemic flu planning checklist for a comprehensive planning list at www.pandemicflu.gov/planguide/checklist.html.

Make a Family Plan



During a flu pandemic, you or a loved one may get sick and have to stay home for an extended period of time. Agree on plans with other family members, friends and neighbors ahead of time. Ask your employer about sick leave and teleworking policies. Decide who will care for your children if they are sick and must stay home from school, or if you are sick and cannot provide care.

Help Stop the Spread of Germs



- Wash hands frequently with soap and warm water.
- Alcohol-based hand sanitizers can be used when soap and water are not available, but should not replace proper and frequent hand washing.
- Cover coughs and sneezes with a tissue or your upper sleeve.
- Do not cough or sneeze into your hands!
- Discard used tissues and wash your hands afterwards.
- Stay home if you are sick.

Pandemic Flu Videos

are available online at

www.fairfaxcounty.gov/emergency/pandemicflu.

You will need a media player installed on your computer.

Track Emergencies

Sign up for Fairfax County's Community Emergency Alert Network (CEAN) for up-to-the-minute notifications on emergencies in the area. Messages will be delivered to all devices that you register, including your e-mail account, cell phone, text pager, satellite phone and wireless PDA. To sign up, visit www.fairfaxcounty.gov/cean. For more information, call Fairfax County Office of Emergency Management at 703-324-2362, TTY 711.

Check Fairfax County's additional public notification methods.

- Fairfax County Cable Channel 16
- Fairfax County Emergency Web page at www.fairfaxcounty.gov/emergency
- Fairfax County Emergency Information Line at 703-817-7771, TTY 711

RECORD IMPORTANT PHONE NUMBERS

Emergency – Police, Fire, Ambulance: 911, TTY 911

(Non-emergency: 703-691-2131, TTY 703-204-2264)

Fairfax County Government Emergency

Information Line – 703-817-7771, TTY 711

Fairfax County Government Non-Emergency

Information – 703-FAIRFAX (703-324-7329), TTY 711

Basic Needs (Coordinated Services Planning)

703-222-0880, TTY 703-803-7914

Press 1 for English, 2 for Spanish

Fairfax County Health Department

(Recorded Information and to Leave a Message)

703-246-2411, TTY 703-591-6435

Family Emergency Contact(s): _____

Daytime: _____

Evening/weekend: _____

Cell phone: _____

Nearest Hospital: _____

Family Doctor(s): _____

Work/Co-Worker(s): _____

Insurance Company and Policy Group Plan Number: _____

Pharmacy/Medications: _____

Children's Day Care Provider(s)/Schools: _____

Babysitter: _____

Pet-Sitter or Kennel: _____

Veterinarian: _____

Neighbors: _____

Other Important Information and Phone Numbers: _____

STAY INFORMED

Fairfax County's Pandemic Flu Web page

www.fairfaxcounty.gov/emergency/pandemicflu

Frequently asked questions, Web resources, videos about pandemic flu, and Fairfax County's Pandemic Flu Response Plan.

Fairfax County Health Department Hand Washing Signs

English –

www.fairfaxcounty.gov/hd/hdpdf/washhands2005.pdf

Spanish – www.fairfaxcounty.gov/hd/hdpdf/lavesemanos.pdf

Virginia's Pandemic Flu Web page

www.vdh.virginia.gov/PandemicFlu

Federal Government's Pandemic Flu Web site

www.pandemicflu.gov

Planning Guide for Individuals and Families

www.pandemicflu.gov/plan/tab3.html

Federal Travel Advisories – www.pandemicflu.gov/travel

Centers for Disease Control and Prevention (CDC)

www.cdc.gov

CDC's Flu Prevention Tool Kit – www.cdc.gov/flu/toolkit



A publication of Fairfax County, Va., October 2006

Fairfax County is committed to nondiscrimination on the basis of disability in all County programs, services and activities. For further information or to request this publication in an alternative format, call 703-246-2411, TTY 703-591-6435. Please allow seven working days to prepare the material.